

Follow these guidelines

Grains: 6 ounces per day

1 ounce of grains is equal to:

- 1 slice bread
- 1 cup ready-to-eat cereal
- 1/2 cup cooked rice, pasta or cereal
- 1 small pancake (4 1/2" in diameter)
- 1 small tortilla (6" in diameter)

Vegetables: 2 1/2 cups per day

1 cup of vegetables is equal to:

- 1 cup raw or cooked vegetables
- 1 cup vegetable juice
- 2 cups raw, leafy greens
- 1 medium baked potato (2 1/2" to 3" in diameter; go easy on the butter, bacon bits and sour cream)

Fruits: 1 1/2 to 2 cups per day

1/2 cup of fruit is equal to:

- 1/2 cup 100% fruit juice
- 1/2 cup fresh, frozen or canned fruit
- 1/2 a fruit (small orange, apple or banana)
- 1/4 cup dried fruit

Milk products: 3 cups per day

1 cup of milk products is equal to:

- 1 cup milk
- 1 cup yogurt
- 1 1/2 ounces natural cheese (examples: cheddar, parmesan)
- 2 ounces processed cheese (example: American)

Proteins: 5 to 5 1/2 ounces per day

1 ounce of protein is equal to:

- 1 tablespoon peanut butter
- 1/4 cup cooked dried beans
- 1 ounce lean meat, poultry or fish
- 1 egg
- 1/2 cup nuts (12 almonds, 24 pistachios)

Methylmercury: Frequently Asked Questions



"What is methylmercury?"

It's a metal that can be found in certain fish. The methylmercury in these fish can be harmful to your unborn baby if you eat these fish. Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. It falls from the air and can get into surface water, accumulating in streams and oceans. Bacteria in the water cause chemical changes that transform mercury into methylmercury, which can be toxic. Fish absorb methylmercury as they feed on aquatic organisms.

"Is there methylmercury in all fish?"

Nearly all fish contain traces of methylmercury. However, larger fish that have lived longer have the highest levels of methylmercury because they've had more time to accumulate it. These large fish pose the greatest risk to pregnant women who eat them regularly.

"How could I become exposed to methylmercury?"

Fish in the diet is the major source of methylmercury, and eating certain types of fish leads to the accumulation of methylmercury in the body. Methylmercury can build up in your blood stream, and can then pass from your blood into that of your unborn child.

Methylmercury is removed from the body naturally, but it may take over a year for the levels to drop to a safe level. Thus, it may be present in a woman even before she becomes pregnant. This is one of the reasons that women who are trying to become pregnant should also avoid eating certain types of fish.

"How can I tell if I've been exposed to methylmercury?"

You will not show noticeable symptoms from eating commercial seafood, but your newborn may experience symptoms (see next question). If you think you've been exposed to methylmercury, see your doctor or health-care provider immediately.

"How could methylmercury affect my baby?"

Some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system.

BUREAU COUNTY WIC
BUREAU COUNTY HEALTH DEPARTMENT
526 BUREAU VALLEY PARKWAY
PRINCETON, IL 61356
815-879-0341

WIC is the Special Supplemental Nutrition program for Women, Infants, and Children. It provides nutrition education and counseling, breastfeeding support and food vouchers to help new mothers, babies, and children get the right foods needed for proper growth and development.

TO BE ELIGIBLE FOR WIC:

- You must be pregnant, breastfeeding, or a postpartum woman, or an infant or child up to the age of 5.
- Your annual household income must be within WIC guidelines, please see below.

BRING THE FOLLOWING ITEMS TO YOUR FIRST CLINIC VISIT:

- | | |
|----------------------|---|
| • Proof of pregnancy | Clinic staff can give you examples |
| • Proof of income | Your Medicaid, Food Stamps ID or last two pay stubs |
| • Proof of Residency | A piece of mail sent to your address |
| • Proof of Birth | Birth Certificate for your infant or child for the first visit only |

PROOF OF CITIZENSHIP OR ALIEN STATUS IS NOT REQUIRED
WIC INCOME GUIDELINES

GUIDELINES FOR FCS NUTRITION PROGRAMS STARTING JULY 1, 2011. BASED ON FEDERAL POVERTY GUIDELINES. PLEASE NOTE
INCOME IS GROSS, BEFORE DEDUCTIONS.

FAMILY SIZE	ANNUAL	MONTHLY	WEEKLY
1	\$20,665	\$1,723	\$398
2	\$27,991	\$2,333	\$539
3	\$35,317	\$2,944	\$660
4	\$42,643	\$3,554	\$821
5	\$49,969	\$4,165	\$961
6	\$57,295	\$4,165	\$1,102
Each Additional Family Member Add	+\$7,326	+\$611	+\$141

ANNUAL FCS INCOME GUIDELINES FOR THE WIC PROGRAM WERE OBTAINED BY MULTIPLYING THE ANNUAL FEDERAL POVERTY GUIDELINES AND INCREMENT FOR EACH ADDITIONAL FAMILY MEMBER BY 1.85 AND ROUNDING THE RESULTS AS NECESSARY.

MONTHLY (WEEKLY) INCOME GUIDELINES FOR THE WIC PROGRAM WERE OBTAINED BY MULTIPLYING THE FEDERAL GUIDELINES/INCREMENT BY 1.85, DIVIDING BY 12 (52), AND ROUNDING THE RESULTS UPWARD AS NECESSARY.

THE ABOVE GUIDELINES REFLECT 185% OF POVERTY AND MEET THE REQUIREMENTS OF 7 CFR, PART 246 (AMDT.3)



WE STRIVE TO GIVE YOU A

HIGH 5

Best care: every patient, every day



Your comfort and satisfaction are our highest priority. That's why, on a scale of **1 to 5**, we strive to give you a **HIGH 5** in service—representing outstanding care, respect, and attention to your needs.

Please tell us how we did...

You may soon receive a survey at home. Tell us if there is anything we can do to serve you better, or you can recognize the special people who gave you **HIGH 5** service during your visit with us. If we've earned your **HIGH 5**, we'd like to know!



THANK YOU

for choosing us for your healthcare.



Illinois Valley
Community Hospital

Community values. Extraordinary care.

925 West Street, Peru, IL 61354, Phone: 815-223-3300 www.ivch.org



THE DAISY AWARD

FOR EXTRAORDINARY NURSES

IN MEMORY OF J. PATRICK BARNES



In Collaboration With

The American Organization of Nurse Executives

NOMINATION FORM

I would like to nominate _____ from the _____ unit/department as a deserving recipient of The DAISY Award. This nurse's clinical skill and especially her/his compassionate care exemplify the kind of nurse that our patients, their families, and our staff recognize as an outstanding role model. She/he consistently meets all of the following criteria:

- Compassion
- Professional
- Skilled
- Respect
- Caring
- Integrity

Please describe a situation involving the nurse you are nominating that clearly demonstrates he/she meets the criteria for

The DAISY Award:

Thank you for taking the time to nominate an extraordinary nurse for this award. Please tell us about yourself, so that we may include you in the celebration of this award should the nurse you nominated is chosen.

Your Name _____ Unit _____ Phone _____

Email _____ Pager _____

I am (please check one): RN _____ Patient _____ Family/Visitor _____ MD _____ Staff _____ Volunteer _____

Date of nomination _____

Manager Acknowledgement

I acknowledge that this nurse is in good standing.

Signed: _____ Title _____

Please drop this nomination in the DAISY box. If you have any questions, please contact Wilma Hart-Flynn at extension 3457.



A BABY'S FIRST STEP IN LIFE A NEWBORN SCREENING GUIDE FOR PARENTS

Illinois Department of Public Health

WHY DOES MY BABY NEED NEWBORN SCREENING?

Most babies born in the United States are healthy, but there are some babies who may seem fine at birth that have a serious unseen disorder. If detected early, some of the problems, such as illness, mental retardation, poor growth or death can be prevented.

HOW WILL YOU TEST MY BABY?

After your baby is at least 24 hours old, a nurse from the hospital will collect a few drops of blood from your baby's heel. If your baby goes home from the hospital sooner than 24 hours of age, or is born at home, you should make an appointment with your child's doctor to make sure the test is done at the proper time. This screening is most accurate soon after your baby is born, so if your baby is born at home, it is important to make arrangements to have this done before your baby's birth, or as soon as possible after your baby's birth.

WHAT DISORDERS ARE INCLUDED WITH NEWBORN SCREENING?

The Illinois newborn screening panel currently includes specific endocrine and metabolic disorders, as well as certain blood disorders. The disorders included in the panel are:

- Biotinidase Deficiency
- Congenital Adrenal Hyperplasia
- Galactosemia
- Hypothyroidism
- Phenylketonuria
- Lysosomal Storage Disorders
- Sickle Cell Disease
- Amino Acid/Urea Cycle Disorders
- Fatty Acid Oxidation Disorders
- Organic Acid Disorders
- Cystic Fibrosis

More information about each of the diseases or disorders included in the screening panel can be found on the fact sheets provided on the website under the "additional information" section.

WHERE DO I GET MY BABY'S SCREENING RESULTS?

Results of the screening are sent to the hospital or clinic where the sample was collected. Ask your doctor any questions you may have concerning the results or the newborn screening process.

WHAT IF MY BABY NEEDS A RETEST?

If your child's initial screening was unclear or abnormal the newborn screening may need to be repeated. If necessary, it is important to make sure that this test is repeated as soon as possible. Your baby's doctor will talk with you about what steps need to be taken.

ADDITIONAL INFORMATION

Illinois Department of Public Health
Genetics/Newborn Screening Program
535 West Jefferson Street, 2nd Floor
Springfield, IL 62761
217-785-8101
www.idph.state.il.us/HealthWellness/genetics.htm





Illinois Valley Community Hospital

925 West Street, Peru, Illinois 61354
815-223-3300

Caring Professionals

EICKMEIER, BABY GIRL
Visit ID: 10839479

HOME SAFETY

- ◆ The use of outdoor decorations to announce your infant's arrival, such as mylar balloons, large floral wreaths, wooden storks, and other lawn ornaments may no longer be safe.
- ◆ Only allow persons into your home who are well-known by someone in your household. It is ill-advised to allow anyone into your home who is just a mere acquaintance, especially if met briefly since you became pregnant or gave birth to your baby. There have been several cases where an abductor has made initial contact with a mother and baby in the hospital setting and then subsequently abducted the infant at the family home. In addition, there have been cases in which initial contact with a mother and baby was made in other settings such as shopping malls. A high degree of diligence should be exercised by family members when home with the baby. Never leave your baby unattended in a stroller or buggy in your yard.
- ◆ **NEVER LEAVE YOUR INFANT UNATTENDED**, especially in a car, grocery store, mall, clinic or physician office waiting room, church, school yard, etc.



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SAFETY INFORMATION FOR NEW PARENTS

The safety of your new infant is important to you and the personnel at Illinois Valley Community Hospital. Our facility has instituted numerous measures to insure the safety of your infant. The Obstetrical Department is a locked unit from 9:00 p.m. until 6:00 a.m., with no admission through the door without authorization from the nursing staff. The Obstetrical Department has an electronic infant security system. A video monitor is installed at the nurses' station where the staff can view all visitors and personnel entering or leaving the department via video cameras placed at each door. Personnel throughout the hospital are identified with a photo ID badge which is clearly visible to our patients.

Carefully read the guidelines listed below. If you have any questions, do not hesitate to ask your nurse. These guidelines can help to provide good, sound parenting techniques that can also help prevent an abduction of your infant from the hospital, home, mall store, yard or parking lot.

1. While it is normal for new parents to be anxious, being deliberately watchful over the newborn infant is of paramount importance.
2. Never leave your infant out of your direct line-of-sight when your infant is in your room – even when you go to the bathroom or take a nap. If you leave the room or plan to go to sleep, alert the nurse to take the infant back to the nursery or have a family member watch the baby.
3. After admission to the facility, ask about hospital protocols concerning the routine nursery procedures, feeding and visitation hours, and security measures.
4. Do not give your infant to *anyone* without properly verified hospital obstetrical identification. Find out what additional or special identification is being worn to further identify those hospital personnel who have authority to handle your infant.
5. Become familiar with the hospital staff who work in the maternity unit. During short stays in the hospital, be sure you know the nurse assigned to your and your infant.
6. Question unfamiliar persons entering your room or inquiring about your infant – even if they are in hospital attire or seem to have a reason for being there. Alert the nurses' station immediately.
7. For your records to take home, have at least one color photograph of your infant (full, front-face view) taken and compile a complete written description of your infant, including hair and eye color, length, weight, date of birth, and specific physical attributes.
8. Consider the risk you may be taking when permitting your infant's birth announcement to be published in the newspaper. Birth announcements should never include the family's home address or any other unique identifying data and should be limited to the parents' surname(s).

OBSTETRICAL DEPARTMENT RESOURCES

Breast Feeding	LeLeche League – LaSalle-Peru Mary Coutts IBCLC	815-894-3303
Birth Certificates	LaSalle Hygienic Institute	815-223-0196
Diabetes Concerns	IVH Diabetic Educator Deb Redd Diet Information Esther McGinnis	815-780-3326 815-780-3560
Empty Arms Support	Bonnie Bottenberg Coordinator	815-780-3444
Establishing Parentage		800-447-4278
Financial Assistance	IVCH Social Services Dept. of Human Services (Public Aid) LaSalle County Bureau County Marshall-Putnam County Lee County Livingston County	815-780-3504 815-433-1572 815-875-1134 309-364-2376 815-288-4487 815-842-1151
Infant Supplies	Stork Support Catholic Charities	815-224-3436 815-223-4007
LaSalle Co. Health Department		815-433-3366
Medication Mother / Infant Care Pastoral Care	Family Pharmacy IVCH OB Department IVCH Pastoral Care Dept.	815-224-4555 815-780-3444 815-780-3426
Post Partum Depression	Lay Support Group Desirae Woods Heidi Heerdt	815-667-4151 818-220-9007
WIC	LaSalle County Marshall County Mendota Ottawa Princeton Putnam County Streator	815-223-3405 309-246-8074 815-539-9548 815-431-9389 815-879-0341 815-925-7326 815-672-0049